

TRUMBULL

SENIOR CITIZEN NEWSLETTER

23 Priscilla Place, Trumbull, CT • Open Monday through Friday 9:00 a.m. – 4:00 p.m.

Tim Herbst.....First Selectman.....203-452-5005
Jean Ferreira.....Director/Editor.....203-452-5199
Gail PoklembaOffice Clerk.....203-452-5199
Donna Marcus.....Transportation.....203-452-5137
Linda Ciocci.....Senior Commission Chairperson.....203-268-0265

NOVEMBER 2010

The Senior Center will be closed on Thursday, November 11 and Friday, November 12 for Veteran's Day. The Center will also be closed on Thursday, November 25 and Friday, November 26 for Thanksgiving Day.

Activities open to Senior Center Members Only. Membership fee- residents \$5.00 and \$10.00 non-residents.

ST. JOSEPH'S MANOR

Presents

The Trumbull Senior Center Smile A While Show

Wednesday, November 10 at 12:30 p.m.

Come Support Your Senior Center Friends!

The Afternoon Will Be Filled With Dancing & Singing

Dessert Buffet

For more information you may call 203-452-5199

Free of Charge • Tickets are available at the Senior Center



Bingo Game

Friday, November 19

1:00 p.m.

Games free of charge

Please RSVP 203-452-5199

Sing A Long With

Lori Vellardito

Friday, November 5 at 11:00 a.m.

Lori has entertained at the Trumbull

Arts Festival and Local events.

Refreshments will be served.

Call 203-452-5199 with RSVP

On behalf of the Senior Center Staff and Trumbull Senior Commission, we would to wish you and your loved ones a very happy Thanksgiving.

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News from the Social Services Office

- **Energy Assistance Program-** We are taking applications for 2010/2011. All applications will be taken by appointment only. Call Social Services to schedule an appointment and to obtain this season's guidelines and documentation criteria. To schedule an appointment you may call (203) 452-5198 (NO WALK-INS). Home visits are available.
- **The Trumbull Food Pantry** is available to all residents. Please call in advance for an appointment.

NOTES FROM THE NURSE – GAIL ONDY

GUEST LECTURER: MICHAEL CASSERTA, DO

TOPIC: INFORMATION ABOUT RHEUMATOID ARTHRITIS

DATE: WEDNESDAY, NOVEMBER 3, 2010

PLACE: TRUMBULL SENIOR CENTER

PLEASE RSVP: GAIL ONDY 203-452-5134

NOTARY PUBLIC IS AVAILABLE AT THE SENIOR CENTER. WE ADVISE THAT YOU CALL 452-5199 FOR AN APPOINTMENT. THE COST FOR THE TRANSACTION IS A \$5.00 FEE.

TRUMBULL ARTS COMMISSION PRESENTS

"Beautiful Night"

Sunday, November 14 at 7:30 pm

With Michael Novovich and Joe Utterback in a program of Winter and Seasonal songs;
Sunday, November 14th at 1:00 p.m. at The Center at
23 Priscilla Place

Cabaret Seating, bring your own refreshments.

Pre purchase of tickets is suggested: \$5.00

For tickets call The Arts Commission 203-452-5065

NOVEMBER SHOPPING TRIPS

November 10 Christmas Tree Shop -Bus Leaves Senior Center at 10:30 a.m. Bus returns home at 2:30 p.m.

November 17 Wal-Mart - Bus leaves Senior Center at 10:30 a.m. Bus returns home at 2:30 p.m. For reservations call the Transportation Department 203-452-5197 (1:00 p.m. to 4:00 p.m.)



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NOVEMBER 2010 CALENDAR

MONDAY Nov. 1, 15 & 29 Nov. 8 & 18 	9:00 A.M. 10:00 A.M. NOON 1:00 P.M.	NURSE AVAILABLE UNTIL 3:00 P.M..... YOGA..... STRENGTH & CARDIO CLASS..... BRIDGE GAME..... WOMEN'S POKER GAME..... DUPLICATE BRIDGE..... BEGINNER'S LINE DANCE.....	SOCIAL SERVICES FUNCTION ROOM FUNCTION ROOM SNACK BAR CARD ROOM MEETING ROOM FUNCTION ROOM
TUESDAY 	9:15 A.M. 9:30 P.M. 10:00 A.M. 10:30 A.M. 11:00 A.M. 11:30 A.M. 12:30 P.M. 1:00 P.M.	FIT FOR LIFE EXERCISE CLASS..... KNIT AND CROCHET CLASS..... ART CLASS..... BALLROOM DANCE..... Wii GAMES..... ZUMBA LESSONS..... MEN'S POKER GROUP..... MEXICAN TRAIN DOMINOES..... LATIN LINE DANCE..... TAI-CHI.....	FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTIONS ROOM T.V. ROOM FUNCTIONS ROOM CARD ROOM CARD ROOM FUNCTIONS ROOM FUNCTIONS ROOM
WEDNESDAY 	9:00 A.M. 11:00 A.M. NOON 12:30 P.M. 1:45 P.M.	YOGA..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE..... SMILE A WHILE ENTERTAINMENT GROUP....	FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM FUNCTION ROOM
THURSDAY 	9:00 A.M. 10:00 A.M. 11:00 A.M. 1:00 P.M. 2:00 P.M.	STRENGTH & CARDIO..... NURSE AVAILABLE..... SLIM APPROACH..... TAI CHI..... CHAIR EXERCISE WITH NURSE GAIL ONDY.. DRAWING AND WATER COLOR CLASS... JAZZERCISE..... CANASTA..... PINOCHLE..... COMPETITION BALLROOM DANCE LESSONS..	FUNCTION ROOM SOCIAL SERVICE T.V. ROOM FUNCTIONS ROOM T.V. ROOM MEETING ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM
FRIDAY 	9:00 A.M. NOON 12:30 P.M.	NURSE AVAILABLE..... AEROBICS..... WOMEN'S AND MEN'S POKER CLUB..... MAH JONGG.....	SOCIAL SERVICES FUNCTION ROOM CARD ROOM MEETING ROOM

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Fund Raiser

Thanks for your continued support of recyclable bottles and cans to benefit our beautification fund.
We are also receiving a large amount of can tabs for the Ronald McDonald House care facilities.
Thank you for all your donations

Susan B's Salon is Now open- Services include haircuts for women and men, manicure and pedicures. For more information on salon hours, prices and appointments please call 203-452-5199.



ST. JOSEPH'S MANOR

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23 Priscilla Place
Trumbull, CT 06611

Senior Community Café

Tel # 203-332-3264

NOVEMBER 2010

Meals served Monday through Friday at noon. For reservations call 10:00 a.m. – noon

Monday	Tuesday	Wednesday	Thursday	Friday
1 Vegetable Soup Chicken Patty	2 Baked Filet of Sole	3 Stuffed Cabbage with gravy	4 Veal Cutlet	5 Swedish Meatballs & Egg Noodles
8 Philly Cheesesteak on Whole Wheat	9 Cheese Ravolia	10 Latino Shrimp With Rice	11 Closed Veterans Day	12 Closed Veteran's Day
15 Salisbury Steak	16 Tomato Soup Chicken Salad	17 Eggplant Parmesan	18 Seafood Newberg Over Brown Rice	19 BBQ Chicken Quarter
22 Minestrone Soup Seafood Salad	23 Roast Turkey with Gravy	24 Roast Beef Gravy	25 Closed for Thanksgiving	26 Closed for Thanksgiving
29 Knockwurst Sauerkraut	30 Baked Ziti with Meatballs			

Trumbull Senior Commission Meeting, November 19 at 10:00 a.m. in the Television Lounge.



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Senior Center Café
Open daily for breakfast and lunch.
(Take out orders available)
The café is located on the
Center's main level
Stop in or call 203-452-5199

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www.associatedappliance.com 203-445-9546

Travel Corner

The senior center contracts with individual travel agencies. Upon registration you will be informed of the tour company your check is to be made payable. All trips have limited seating and are on a first come first serve basis. For more information call 203-452-5199.

November 18 (Thursday) – Foxwoods Casino **\$22.00**

December 14 (Tuesday) – Salem Cross Christmas and Bright Lights. Visit Oakwood Farm Christmas Barn. This 175 year old barn is filled to the rafters with Teddy Bears, Gifts Santa's, Angels and much more. Next to Salem Cross' Inn for famous flaky Chicken Pot Pie, soup du jour, garden salad and a scrumptious dessert. You will also enjoy a visit to Yankee Candle Shop's Bavarian Christmas Village in Deerfeld. The time has come to head for the Bright Nights, New England's most elaborate display, where you'll wonder at the artistry of the lights. Arrive home at 7:30 p.m. **\$63.00**

January - to be announced -Cabaret LULU and Mohegan Sun Casino. **TBA**

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